

50 ILLUSTRATED MASTURBATION TECHNIQUES FOR MEN



by SteadyHealth.com

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50 Illustrated Masturbation Techniques for Men

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Foreword: Who should read this book

If you want to try new and better methods of masturbation, this book is for you. Whether you're bored of standard techniques, and you're looking for some excitement, or if the regular strokes simply don't work for you, this book will bring you the refreshment. 50 techniques, illustrated and explained in detail, will make your precious time with yourself more pleasurable and enjoyable.

About Us

[SteadyHealth.com is a health-related online community](#) with more than 300,000 registered members and millions of monthly visits.

SteadyHealth.com is intended to provide members and visitors with relevant health-related information, through health-related discussions, shared personal experiences, medical expert answers and quality content.

Besides high quality medical content, SteadyHealth.com also offers a lot of valuable information on sexual health. Information provided in this book is a result of real life experiences combined with professional advice and information given by sexual health experts and professionals.

What is masturbation?

Masturbation is, in short, solo sex. You may masturbate to give yourself sexual pleasure, to relieve tension, or you might enjoy mutual masturbation with your partner. Some people prefer to use nothing but their fingers and hands, while others like to use everyday objects or sex toys as well.

Do we all masturbate?

Studies show that most men and women of all ages masturbate. Some never pleasure themselves at all, others do it occasionally, and then there are people who masturbate every day. Though masturbation can be a loaded topic, like all other forms of sex, it's completely normal and though it's private, masturbation is certainly nothing to be ashamed about!

How often should we masturbate?

That's up to the individual, though if your genitals and hands are sore, you may be overdoing things a bit. On a more serious note, teens and adolescents who are just discovering their sexuality tend to masturbate more frequently than adults.

The curse of the hairy palms Vs The moral and health aspects of masturbation

Although many people criticize masturbation for moral or religious reasons, self-pleasure is surprisingly beneficial for men of all ages. So no, you won't get hairy palms — and masturbation is actually healthy.

Many mental health experts claim that masturbation is a good way to relieve depression and anxiety. Sexual self-stimulation is a great way to drive out negative thoughts, at least for a while. Furthermore, regular masturbation helps you understand what your sexual preferences are.

An Australian study from 2003 suggested that frequent masturbation in men, especially in their early twenties, may help decrease their risk of developing prostate cancer. Masturbation also helps prevent various cardiovascular diseases, according to various medical sources.

How can we masturbate (techniques)?

Masturbation techniques may vary from man to man, depending on his preferences and available time. One of the most important factors that affects technique is whether a man is circumcised or not. Circumcised men may require different techniques than uncircumcised men, like those that don't include stimulation of the foreskin or those that require more lubrication. Also, some techniques that suit one individual could be difficult or uncomfortable for another.

Masturbation techniques involve the stimulation of the penis and broader genital area by touching, pressing, rubbing or massaging, either with the fingers (hand) or against a certain object, such as a pillow. Some men prefer using tools, and others enjoy inserting their fingers or objects into the anus as a part of stimulation. Some techniques may require lubrication either to intensify sensation or to prevent irritation.

Imagination plays a big part in masturbation. Some men can simply fantasize about things that stimulate them, while others prefer visual stimulation, like reading or watching pornographic material on the internet, on TV or in magazines or books.

The most common masturbation technique is simply to hold the penis with a full fist grip, moving the hand up and down the shaft.

Do you need lubricants?

Some people use lubrication during masturbation, especially when penetration is involved. If you decide to use a lubricant, you should know lubricants differ in viscosity, specific gravity, vapor pressure, boiling point, and other properties. However, their purpose is the same: to replace or ease dry friction.

Some lubricants promise a warming effect during sexual intercourse. These are called "warming lubricants". They do increase sensation during sex, particularly when used on the

outside of a condom, but warming lubricants should be used sparingly. Most women find that a little lubricant will go a long way.

If you are on the sensitive side, “**water-based**” lubricants should be your choice. Also, pay attention to reading labels and make sure to avoid lubricants that contain propylene glycol or chlorhexidine if you get irritated quickly. Water-based lubricants are also safe if you are pregnant or planning to conceive.

Oil-based lubricants have good and bad properties. They provide good lubrication with a less “slick” feel, but they can also cause latex condoms to tear. However, they are safe to use with polyurethane condoms. Some experts would suggest oil-based lubricants for male masturbation, but they’re not ideal for the vaginal environment. For vaginal penetration, women should opt for water-based lubrication.

Some people prefer **flavored lubricants**, especially during oral sex. Men and women with diabetes should choose a sugar-free formula. Try your lubricant before sex, because some of them taste horrible and you don’t want to find that out during the act.

If you are a fan of sex or masturbation in water, choose a **silicon-based lubricant** because silicone doesn’t break down in water and is ultra-moisturizing and extremely long-lasting. However, there is one hazard! Be very careful not to spill it on the floor especially in the bathtub or bathroom, as it is very slippery you could fall and hurt yourself.

Are you the **all-natural type**? Some call them organic, green, and even eco-friendly. Sure, why not — the more natural the product, the fewer additives it contains, and the chances of a negative reaction is less likely.

What about homemade lubricants? Although they might sound like a logical and economical choice, please stay away. Maybe you have heard of people using egg whites, olive oil and even peanut oil on their genitals, but they’re probably not a safe choice. Some oils can definitely cause latex

condoms to break. Food products in your genitals may also lead to infection.

Masturbation tips

Make more time and more room

Most guys get off during “secret solo quickies” — do it quickly and remove the evidence, that’s how it works. While these five-minute quick jerk-offs may be more convenient and less time consuming, you shouldn’t be afraid to start exploring something different. Spending more time with yourself may give you a better sensation and more intense orgasms. If you have time and enough privacy, you should try edging. That’s when you work yourself right up to the edge of ejaculation and then stop, allowing just enough time for your erection to soften a bit. Then repeat until you reach the edge again. Do this three or four times before you reach climax and you’ll experience better, more powerful and more satisfying ejaculations.



Turn off the porn

A lot of guys like watching porn while masturbating, but imagination may be a great way spice things up. You can fantasize about almost anything. This may also help you connect with your body much better. You don't need to throw porn away for good, but at least try to masturbate without porn few times and see the difference.

Pay attention to your breathing

Most men don't pay attention to their breathing while masturbating. It's also normal to hold your breath as you get excited. Try to breathe during masturbation rather than holding your breath. Applying right the breathing techniques may help you relax and achieve a better climax. If you're breathing is shallow and quick, try to breathe more slowly and deeply.

Hello, I'm your left hand

Introduce yourself to your left hand (or right if you're left-handed). Most guys use the same hand to masturbate and switching hands may be a great way to start something different. It can feel weird and awkward at first, because the rhythm and the sensation might be off. But, it's like having someone else jerking you off. Exciting, right? You can achieve a similar thing with your main hand if you sit on it for a while until it gets numb.

Change positions

If you're used to masturbating while standing, try lying down on your back. If you're used to masturbating lying down, try lying on your side or sitting up. If you normally sit, try kneeling or squatting. It's worth trying out new masturbation positions to see if they bring any new sensations.

Move your hips

Try to move your hips when you masturbate, back and forth or in circular motions. This basically simulates the moves you make while having sex. Thrusting your hips in different directions and ways can bring you closer to orgasm.

Try different hand strokes

Although vigorous stroking does the trick, you can try to intensify vertical stimulation by changing your strokes. This also usually leads to a good orgasm. If you prefer using your full first, try using just a few fingers. If you stroke your penis, try touching, rubbing or pinching. If you like it fast and intense, slow the strokes down. There are many other strokes that each give different sensations and different orgasms. Try experimenting with different movements, pressures, and speeds.

Explore your shaft

While most of the nerve endings in the penis are at the head, especially at the underside at the frenulum, many men may find very sensitive points all over their shaft. To explore your sensitivity, place your hand at the base of your penis and press it towards your body. Use your other hand to slide up and down and to experiment with different hand strokes along the shaft of your penis. You may find a lot of sensitive spots this way.

It's not just about the penis

Although the scrotum (testicles) represent a very sensitive area that responds well to gentle touch and pressure, many men forget about stimulating their scrotal area during masturbation. Gently tugging, tickling, scratching and rubbing your scrotum may delay ejaculation and extend sexual pleasure and orgasm sensation. Also, you should pay attention to your perineum, which is very sensitive to pressure, massage, and rubbing, basically providing external prostate stimulation. If you don't find it uncomfortable, try stimulating your anus, both externally and by using a finger for penetration. Anal stimulation may give you great orgasms.

Get lubricated

Some guys have a natural lubricant (pre-ejaculatory fluid or pre-cum) especially those who are uncircumcised. However, good quality personal lubricant may be required for certain techniques to prevent friction irritation or to ease strokes. Lubricant also offers a better masturbation sensation, and not only for circumcised men. Consider using oil-based products because they won't dry up so easily.

Combine

Don't stick just to one technique. Try various strokes and techniques during one masturbation session for better sensation and orgasm.

Finally, you'll find how to masturbate in more enjoyable ways below. We prepared 50 masturbation techniques with detailed instructions and illustrations just for you.

Enjoy your wanking time!

50 masturbation techniques for men

1. Get A Grip (Basic Method)



Lubrication = Optional

Difficulty = Basic

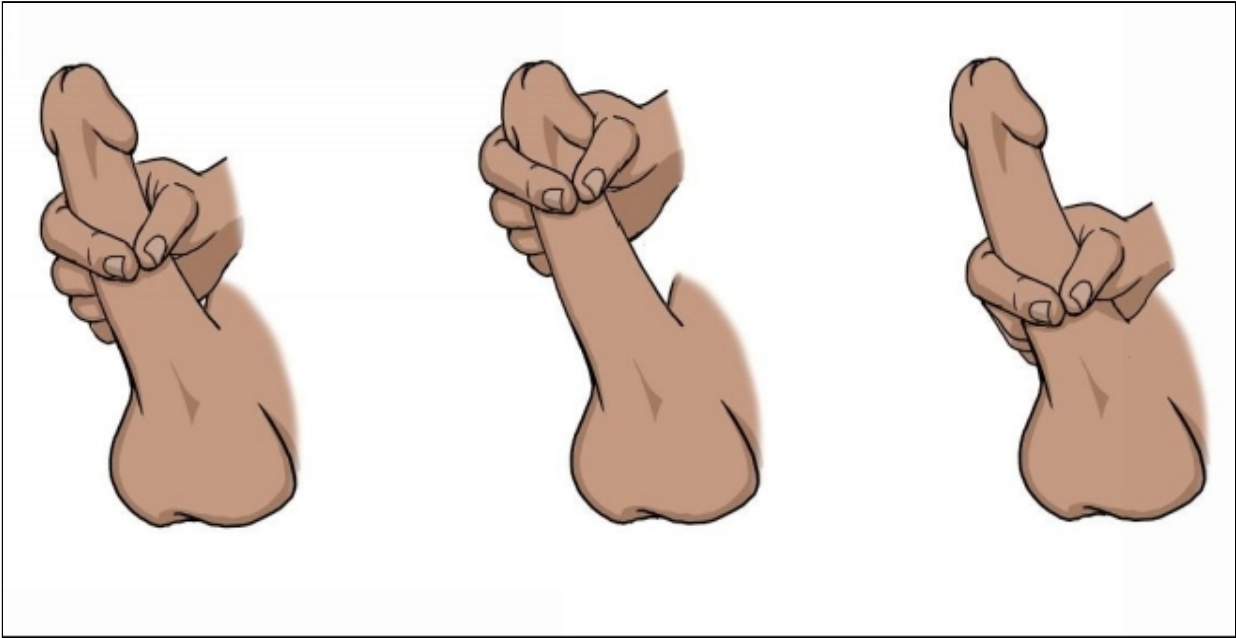
This is the most basic and common male masturbation technique. Simply close your hand around your penis and start moving the hand up and down the shaft. For the grip you can use a full fist, or you may choose to use only certain fingers. The speed of the movement may vary depending on the pleasure you feel during the session. Moving faster when approaching orgasm is normal.

If you're uncircumcised, you can pump the skin up and down to cause it to glide across the shaft and the glans. If you're circumcised, you may need lubrication if you feel discomfort during friction. This gentle friction stimulates the sensitive nerves on the glans (head) of the penis, which causes a pleasure, and that's the point of this technique.

Golden Tip: Using the "Stop-and-Go" method may prolong orgasm and make it better. When you feel you're close to orgasm, stop and gently

squeeze the glans until your erection subsides a bit, and then continue masturbating.

2. My Precious (The Ring Method)

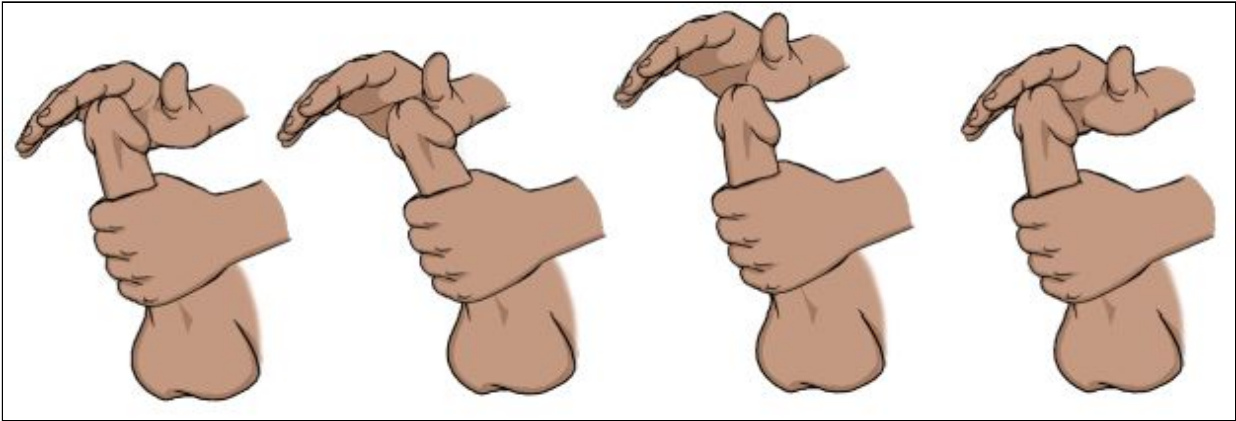


Lubrication = Optional
Difficulty = Basic

Make the ring (OK sign) with your index finger and a thumb and place them around your penis about halfway along the shaft and then move the hand up and down. This is great method if you don't like using a lubrication or if your penis is sensitive.

Golden Tip: Create a ring with your index finger and thumb and just gently slide it back and forth on the head of your penis, not the full penis length. It creates a great orgasm.

3. The Mushroom Of Pleasure



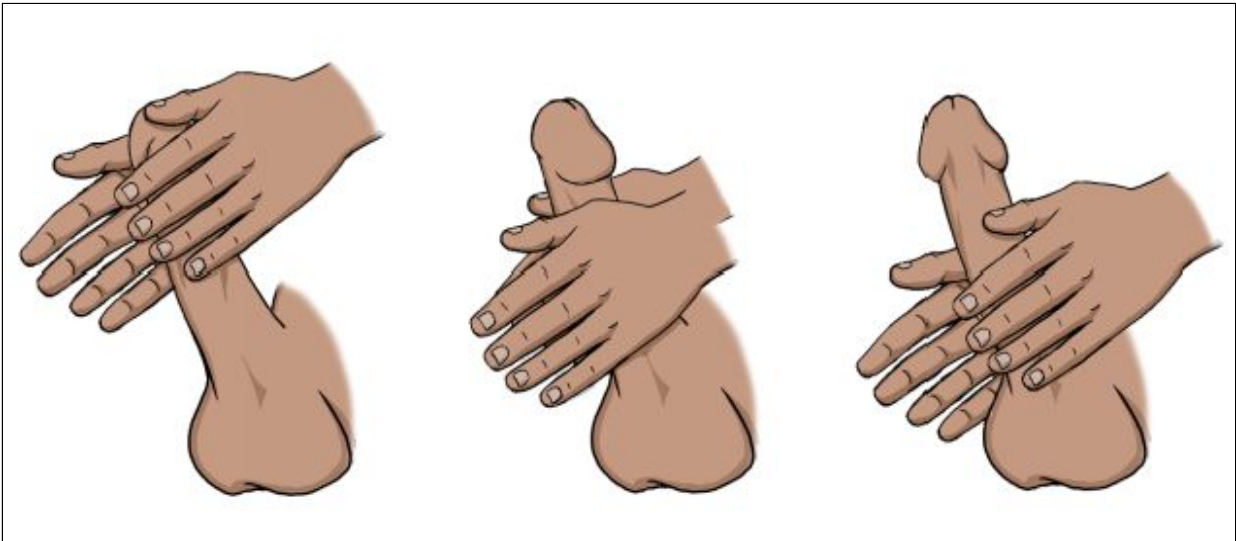
Lubrication = Recommended

Difficulty = Intermediate

Grip your penis with one hand, placing it halfway along the shaft. Put the palm of your other hand over the top of your penis and start rubbing the tip of your penis in circular motions. This masturbating method stimulates the head of the penis and provides great pleasure.

Golden Tip: Instead of rubbing just the tip of your penis, try gently rubbing whole glans.

4. Light The Fire

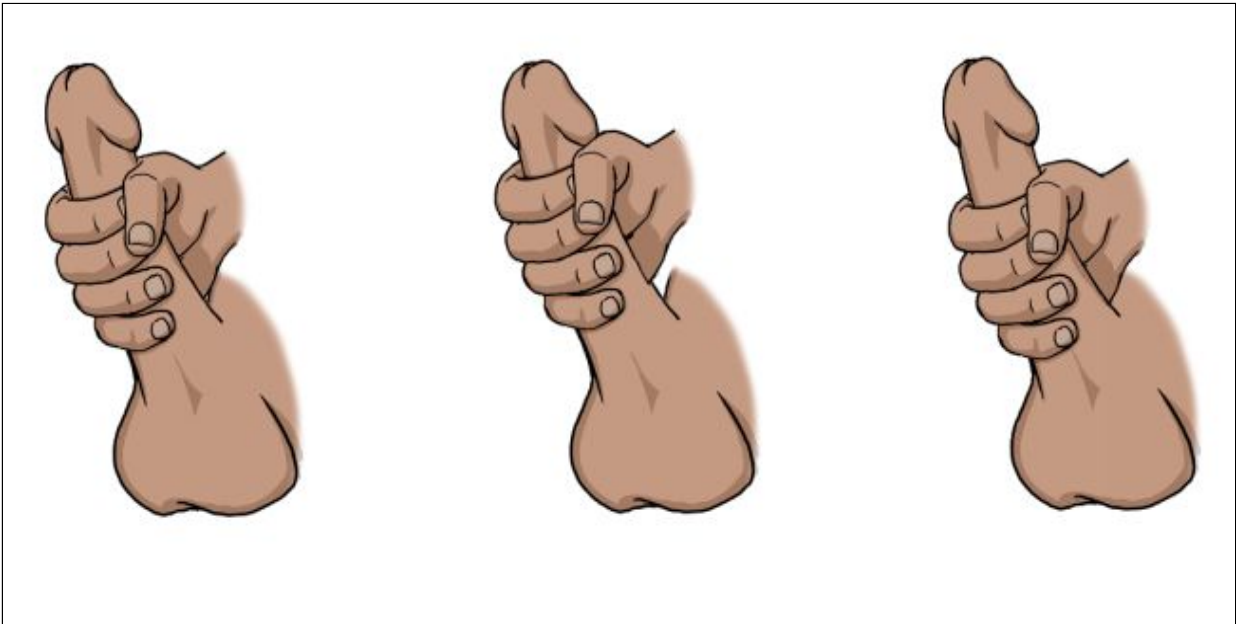


Lubrication = Recommended
Difficulty = Intermediate

Place the penis between the palms of both your hands. Move your hands back and forth like you're trying to start a campfire by rubbing two sticks together. You need to be fully erect to allow the glans to roll between the hands. Also, this method causes intense friction, so lubrication is recommended if you want to avoid irritation.

Golden Tip: Instead of the whole palm, you can use one or two fingers from both hands, or sides of your palms to gently rub up and down along the shaft.

5. Shaft Craft



Lubrication = Optional

Difficulty = Advanced (Requires Practice and Patience)

This technique is effective if you haven't masturbated in a couple of days. Start masturbating regularly in any way you find comfortable. When you're close to orgasm, stop for a few seconds. When you start masturbating again, don't stroke the whole penis. Focus the movement of your hand on the shaft only, trying not to stroke the head of the penis. The orgasm will be fantastic.

Golden Tip: Try squeezing the shaft gently while stroking. It may help maintain erection and prolong pleasure.

6. Poking Out Of The Hole

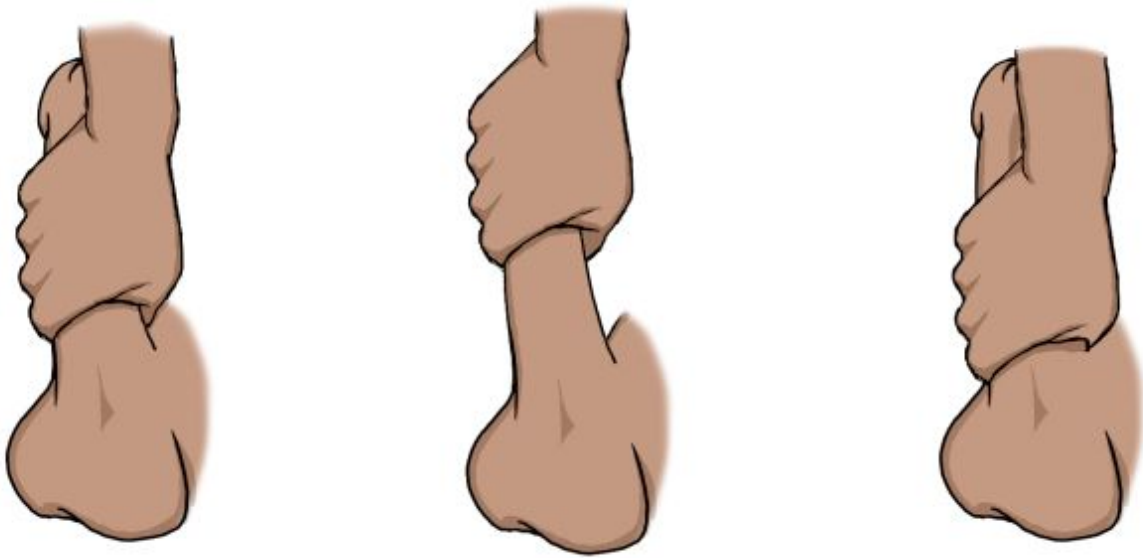


Lubrication = Optional
Difficulty = Intermediate

Start to masturbate in any way comfortable, but don't pull down your underwear. Poke the penis through an opening instead. Pull down on the bottom of the fabric, so that the top of opening causes pressure on the top and base of the penis. This method has a similar effect as a cock-ring, but you can control the pressure better.

Golden Tip: Wrap the fabric gently while masturbating to increase the pressure on the base. You will lock the blood in your penis, causing a better erection and more pleasurable effect.

7. Penis Elbow (Backhand Technique)

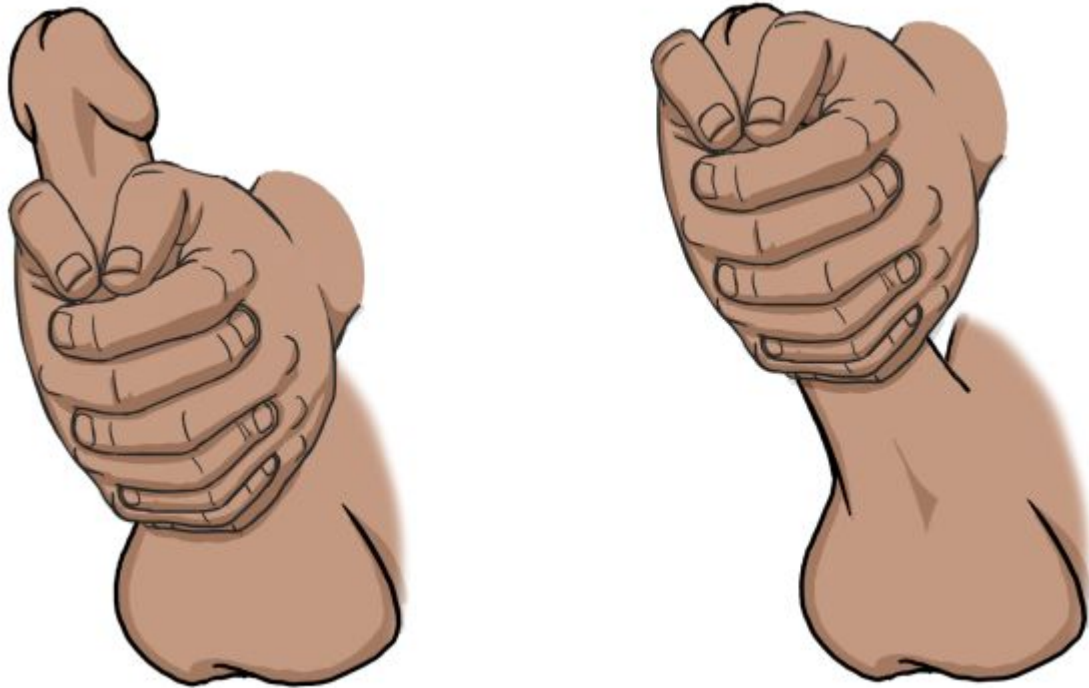


Lubrication = Optional
Difficulty = Intermediate

Grab your penis with your hand positioned backwards. Start moving your hand up and down. At first, it may feel awkward, but your index finger may do wonders.

Golden Tip: Straighten your thumb and slide it over the top of your penis, gently pressing the shaft.

8. Interlocked Grip



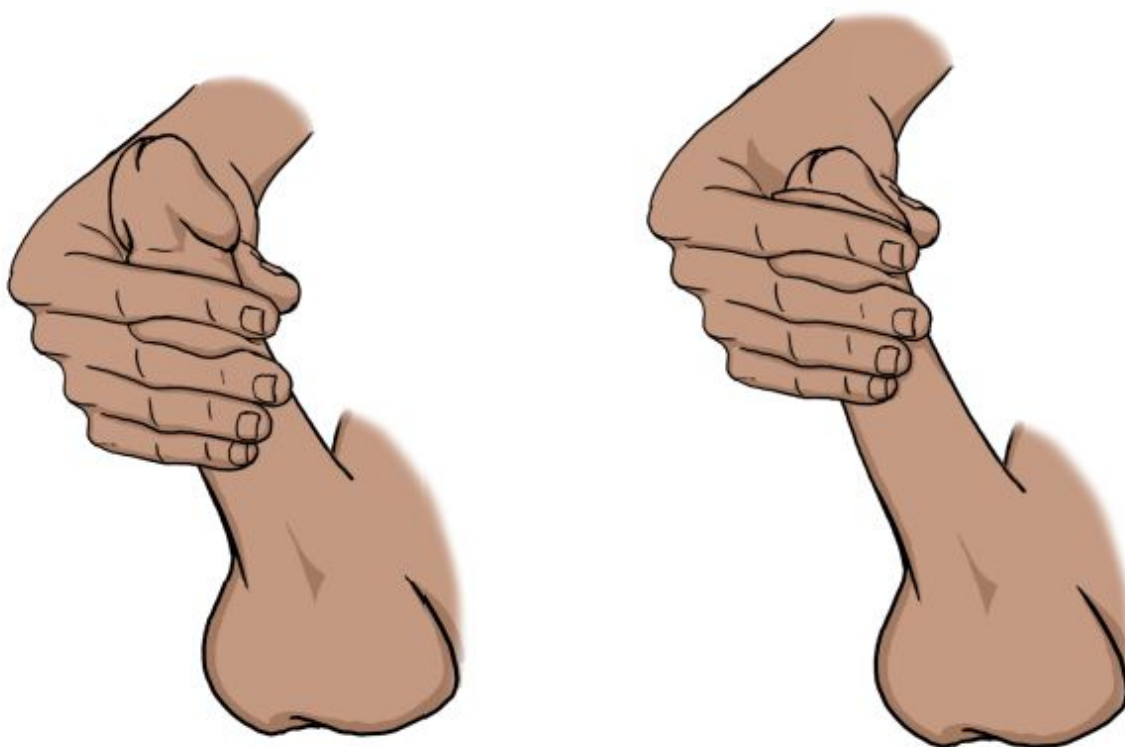
Lubrication = Recommended

Difficulty = Advanced

Make an interlocked grip with your both hands and place them around your penis. Move the grip up and down. Interlocked fingers will act like hinges stimulating shaft. Lubrication is recommended for this method.

Golden Tip: Increase the pressure slightly while performing this method.

9. Foreskin Grip



Lubrication = Optional

Difficulty = Advanced (Needs Practice)

While masturbating, place some of the foreskin between the index finger and middle finger. This method works even if you're circumcised, except if it's a close cut.

Golden Tip: Use your thumb to massage your glans while performing this method.

10. Rub The Lamp



Lubrication = No
Difficulty = Easy

Keep your underwear/boxers on. Rub the penis with your knuckle through the fabric. You can grip your testicles with the other hand.

Golden Tip: Try rubbing your penis through a thicker fabric such as denim or jeans. This may prolong the intensity of the orgasm.

11. Upward squeeze



Lubrication = Yes

Difficulty = Intermediate

You should be well lubricated. Hold the base of your penis with one hand. Use your other hand to squeeze the penis while moving up and over the top of the head.

Golden Tip: Change the pressure of the squeeze during masturbation, to extend the pleasure.

12. Downward squeeze

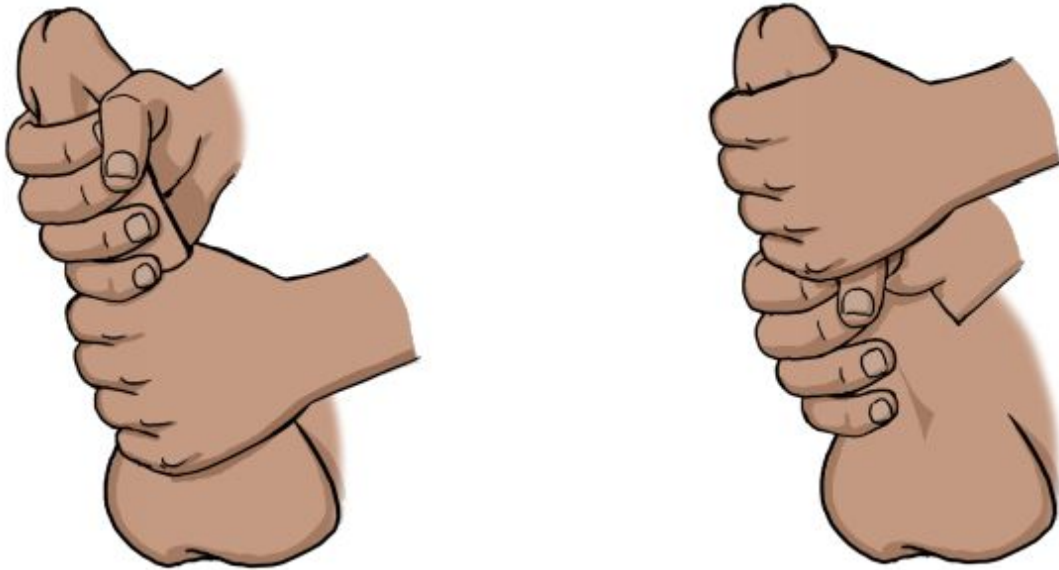


Lubrication = Yes

Difficulty = Intermediate

You should be well lubricated. Hold the base of your penis with one hand. Use your other hand to squeeze your penis while moving down from the top of the penis down to the base. This is reverse direction of technique 11.

13. Milk it up!



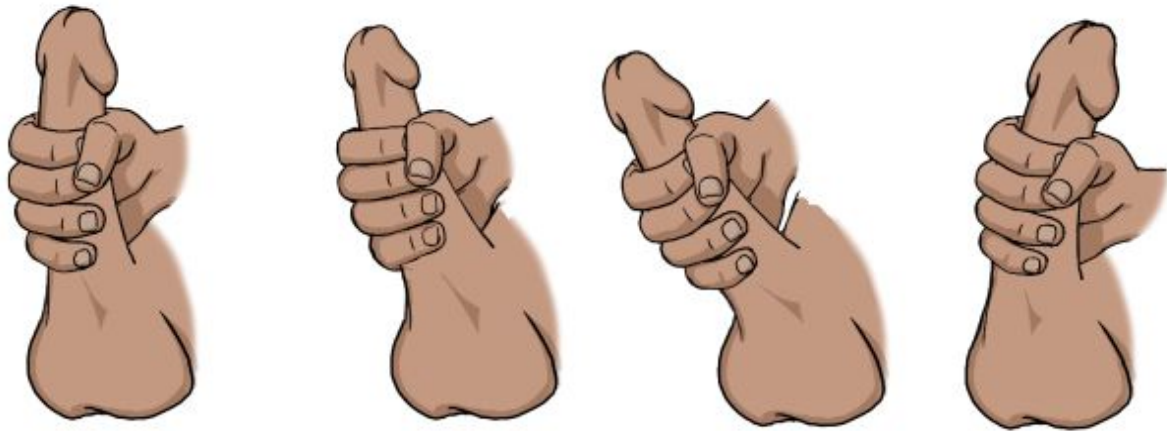
Lubrication = Yes

Difficulty = Intermediate to Advanced

Moves in this technique resemble the motion of milking, only upwards. You should be lubricated. Place one hand around the base of your penis (you can use all fingers or just a few, making pinch or ring). Move your hand upward to the glans. While you're moving your hand, place your other hand around the base and move it upward. Repeat the moves simultaneously.

Golden Tip: You can change the speed as you move your hands. Also, you can add some more pressure on the shaft.

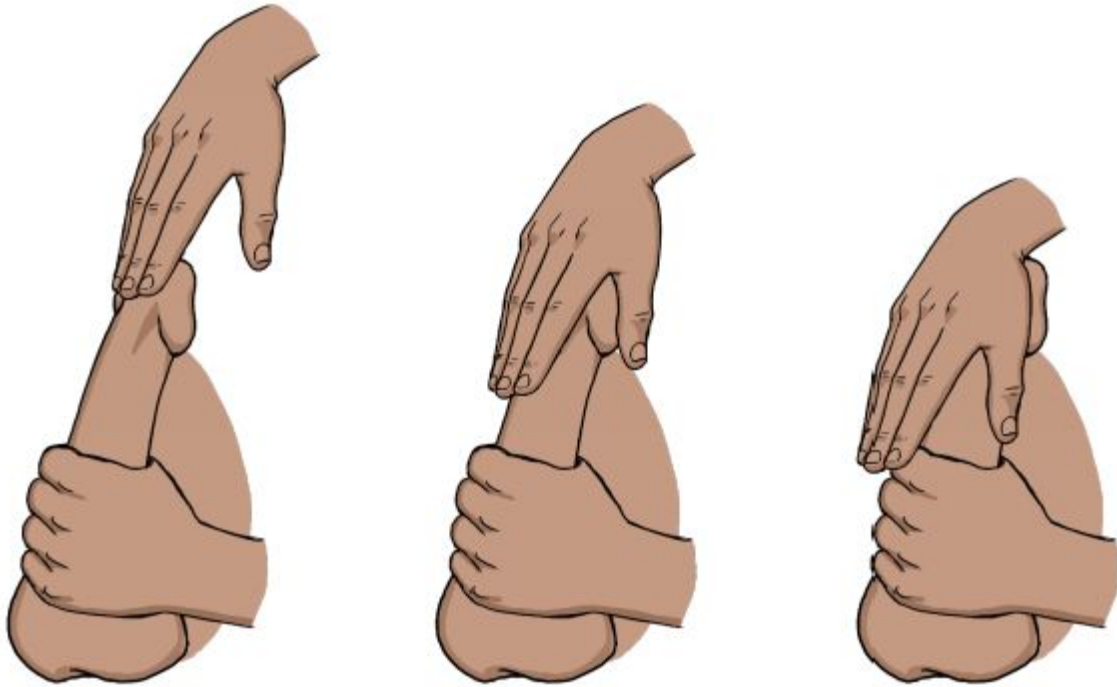
14. Joystick



Lubrication = Optional
Difficulty = Advanced

For this method, you can simply add circular movements to the regular vertical motion you'd use with other techniques (whichever you feel most comfortable with). The orgasm is a different experience due to the circular force. This one may require practice to get full results. It is often easier said than done. With enough practice, some people can gain speed and coordination to whip their penis in such a way that only circular force is needed to orgasm.

15. Sausage sandwich



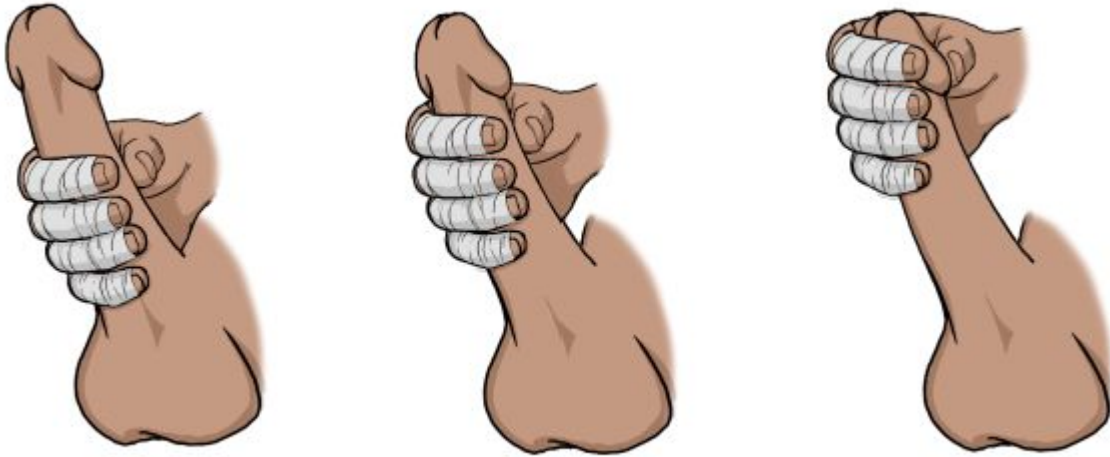
Lubrication = Optional

Difficulty = Intermediate

Hold your penis with one hand. Hold it steady against your belly. Use the palm of your other hand to stroke your penis with downward motions. Friction between the stomach and palm may increase sensitivity and pleasure.

Golden Tip: Slightly increase the pressure while moving your hand.

16. Tape fingers



Lubrication = Optional

Difficulty = Basic

Wrap the packing tape around your fingers except the thumb. Slide your hand up and down. This method will give you a different sensation.

Golden Tip: Try to wrap the tape around just one or two fingers, or your thumb for a change.

17. Butt over heels



Lubrication = Optional

Difficulty = Intermediate

This technique gives an intense sensation and an awesome orgasm. Sit on your heels. Your knees should be on a soft surface. Spread your butt cheeks as much as possible by turning your heels outwards. Start masturbating as you usually do and prefer. When close to ejaculation, flex the cheeks as far apart as possible. You'll have a powerful ejaculation.

Golden Tip: While flexing the butt cheeks, you can use your other hand to stimulate your testicles and area below scrotum for better sensation.

18. Bewitched (Broomstick ride)



Lubrication = Yes

Difficulty = Advanced

You'll need an object like a poll or broomstick for this technique. Place it between your legs like you're riding it. Start masturbating as you usually do or prefer. Move your hips back and forth. Grinding your anus and scrotal area against the stick will result in a more pleasurable sensation. During ejaculation, grip the stick with your butt muscles and anus for a better orgasm and ejaculation.

Golden Tip: Lubricate the stick for a better sensation.

19. Pelvis thrust



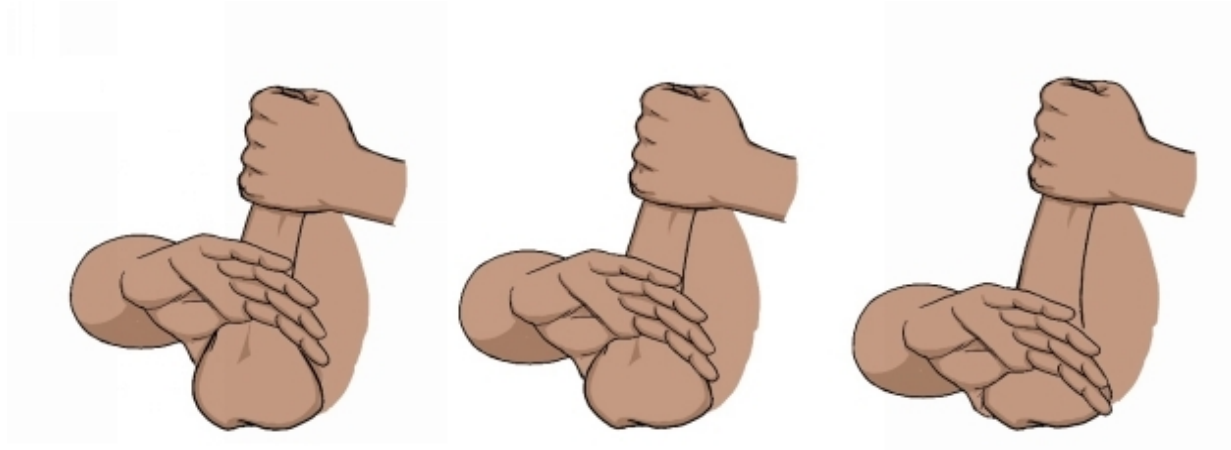
Lubrication = Optional

Difficulty = Intermediate

This technique resembles moves you make while having sex. Wrap both hands around your penis. Start moving your pelvis back and forth, pulling your penis in and out. Never let go of the grip.

Golden Tip: Move your hips and pelvis in all directions.

20. Wanking balls



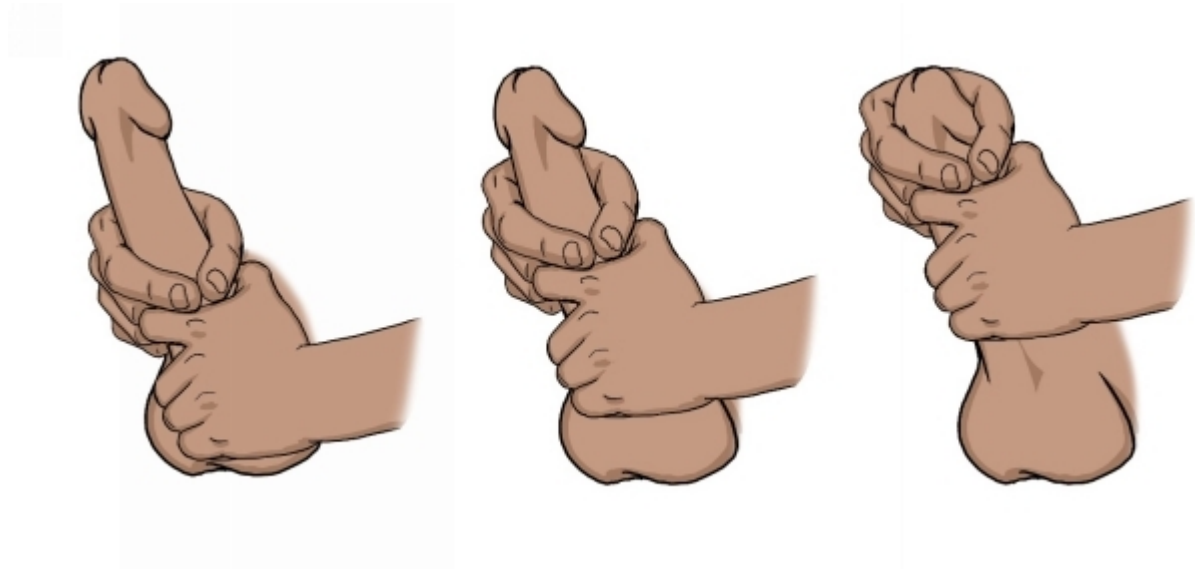
Lubrication = Yes

Difficulty = Advanced

Grip the head of your penis with one hand. Stretch your penis slightly toward your belly. Stroke the bottom of the shaft with your other hand, using the backhand grip. Pull your hand down from the shaft bottom over your testicles (balls) and then move up toward the shaft. Repeat the strokes by varying speed. While stroking your balls you may feel the penis head move down a little bit in the other hand, causing pleasant friction.

Golden Tip: You can try squeezing or turning the hand you're holding your penis head with.

21. Oral sex simulation



Lubrication = Yes

Difficulty = Advanced

This technique is the closest thing to oral sex while you're masturbating. Make "lips" using the index and middle fingers on both hands. Place both "lips" around your penis, one hand below the other. Move both hand slowly up and down.

Golden Tip: Change the movement speed and add some pressure.

22. Rockin' chair



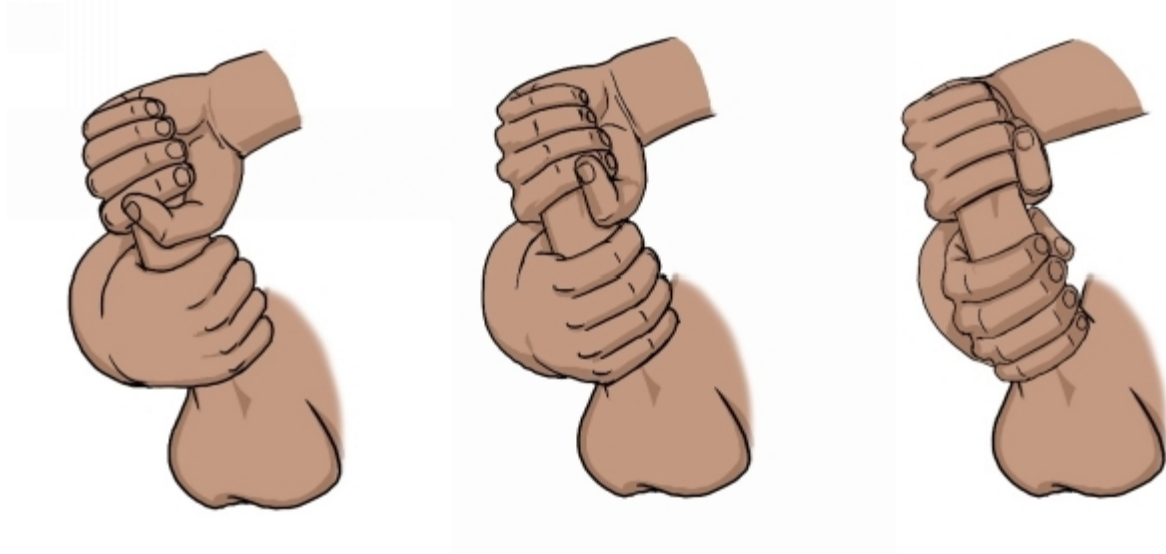
Lubrication = Yes

Difficulty = Advanced

This technique resembles having sex with a real partner on top of you. Sit on the chair. Cross your arms in front of you. Place your penis between your forearms. Start thrusting your pelvis back and forth or in circular motions to stimulate the penis. It might take longer to ejaculate, but it'd be worthy.

Golden Tip: Use an office chair that can lean backwards or rocking chair for better motions.

23. Wet sock



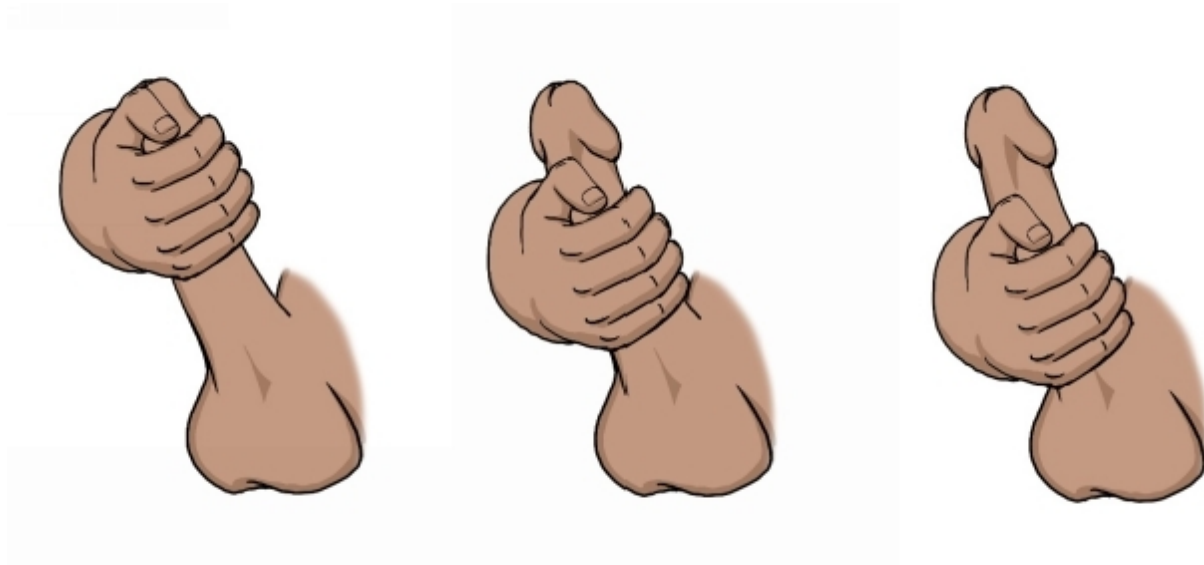
Lubrication = Yes

Difficulty = Advanced

No, you won't need an actual wet sock for this technique — rather, moves resemble wringing the wet sock or wash cloth. It may look painful, but if you're experienced and if you work it slowly and gently, you can have great stimulation and outcome. Place one hand around the base of your penis. Grip the top of your penis with your other hand, using the backhand grip and start wringing. Stop if you feel discomfort or pain.

Golden Tip: Change directions of wringing.

24. Thumb under glans



Lubrication = Yes

Difficulty = Intermediate

This technique is similar to the basic full fist method, except you should place your thumb outside of the penis instead of on the inside. Grip your penis just with the rest of your fingers and use the thumb to stimulate the underside of your glans as you stroke up and down, because this area is very sensitive.

Golden Tip: Stimulate the underside of your glans by moving your thumb and tickling the area.

25. Head circles



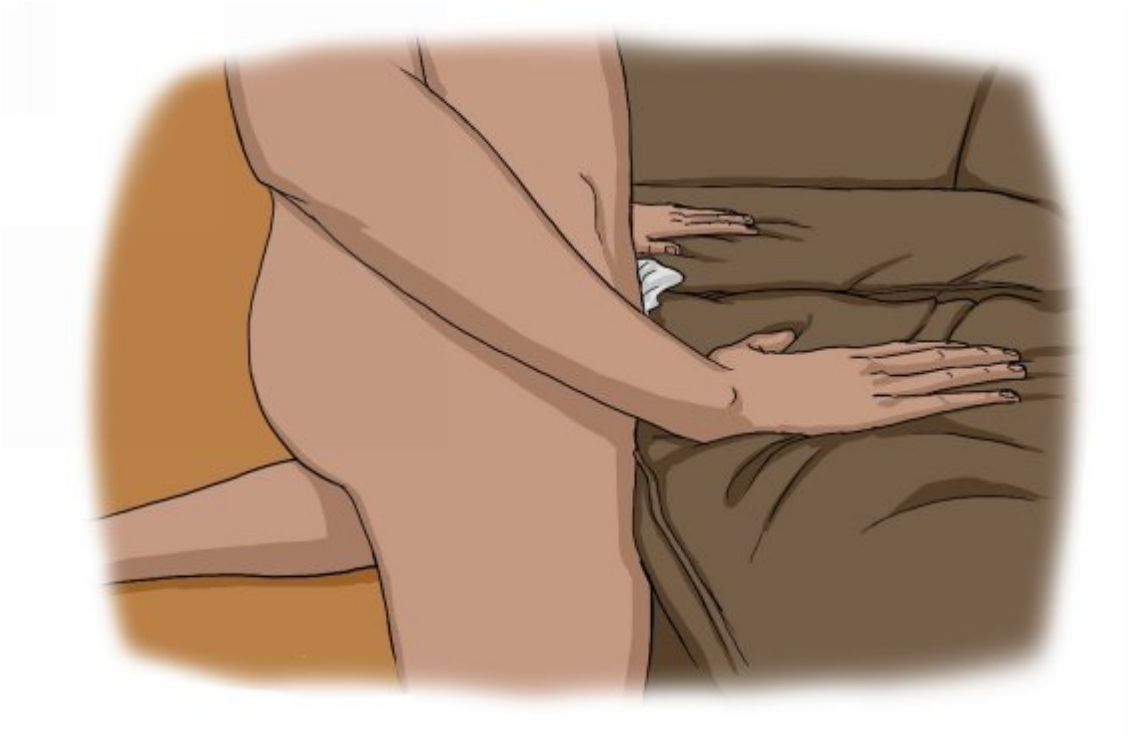
Lubrication = Yes

Difficulty = Advanced

Place the palm of your right hand over the top of your penis using a backhand grip. The edge of the palm should be covering the head of your penis. Your fingers should be touching the base of your penis. Grab your scrotum with your other hand. Start turning your right hand in a circular motion. This technique is great for stimulating the head, while the thumb and index finger stimulate the base of the shaft or scrotum at the same time.

Golden Tip: You can change the pace, but you'll get the best results with slow motions.

26. Love couch



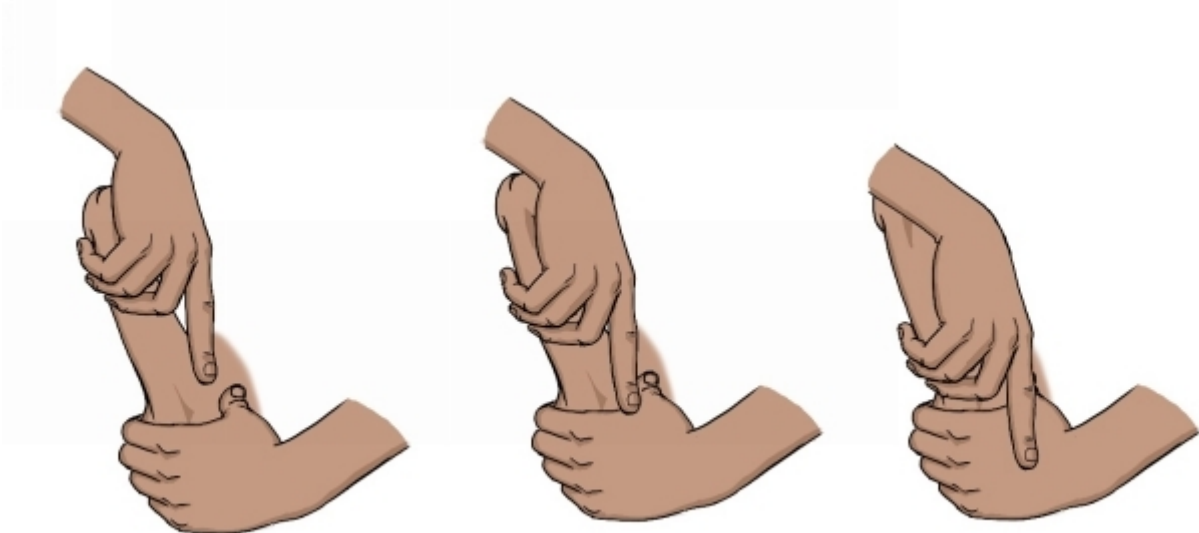
Lubrication = Yes

Difficulty = Advanced

This technique requires some preparation and practice. Apply a lot of lubrication to your penis as well as to the inside of a plastic bag or wrap. Insert the plastic bag or wrap between the couch cushions. Insert your penis into the bag opening. Thrust your hips and body back and forth, humping the sofa.

Golden Tip: Push down on the sofa cushions, using your hands to increase the pressure on the bag and to make the hole tighter.

27. Backhand scrotal stimulation



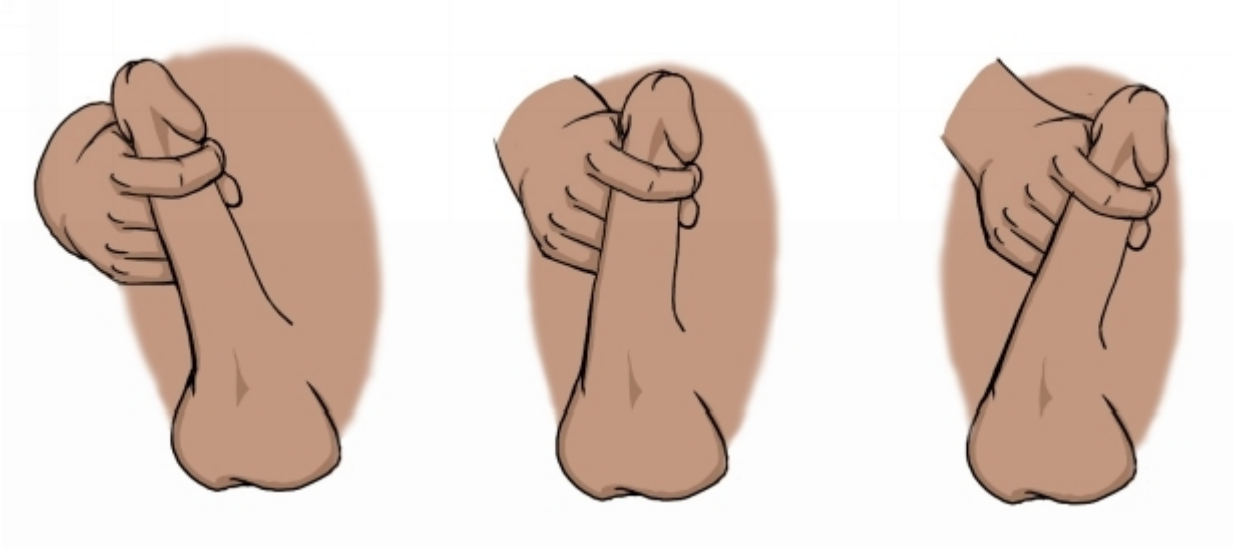
Lubrication = Yes

Difficulty = Advanced

This technique is similar to the penis elbow backhand technique. Place the one hand around your penis using a backhand grip. Straighten your index finger so it points downwards and stimulates the shaft and scrotum as you move your hand up and down. Grab your scrotum using your other hand. Start moving your hand up and down. Both the thumb and index finger will stimulate penis, scrotum and thighs.

Golden Tip: Change the pace you move your hand with. You may also use your other hand, grabbing the scrotum to tickle and stimulate your testicles.

28. Eraserhead



Lubrication = Yes

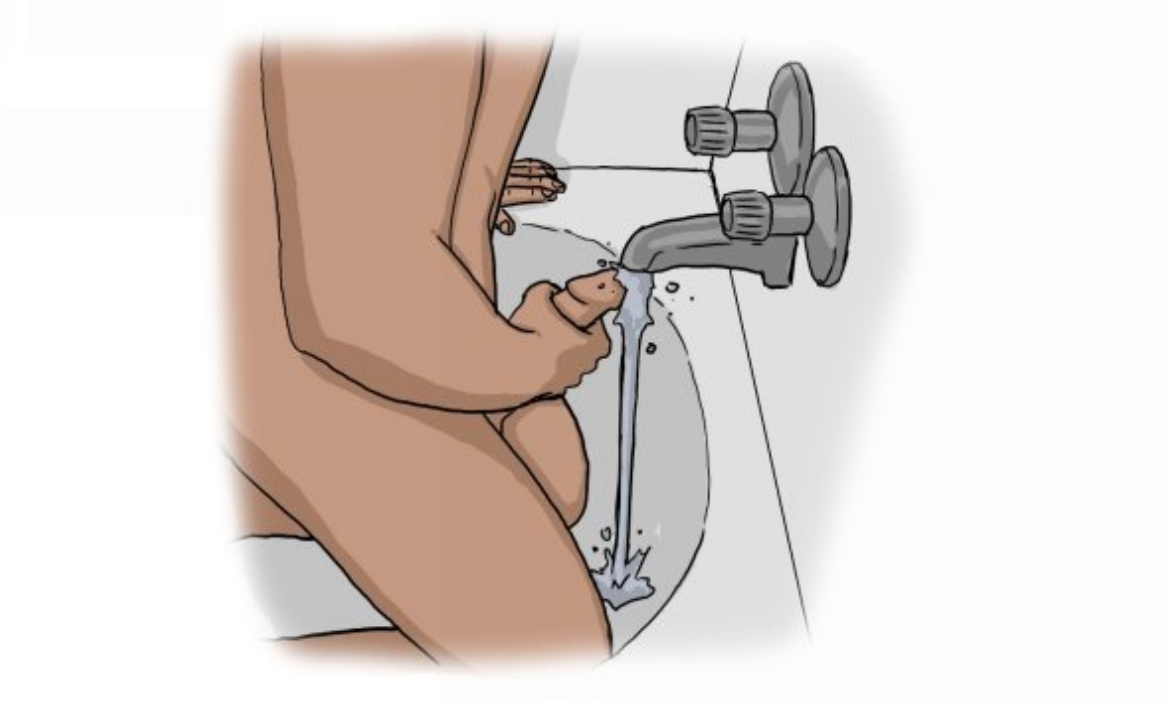
Difficulty = Intermediate

Sit down in comfortable position.

Lubricate the thumb, index finger and lower part of your belly, including the pubic zone and the head of the penis. Grab just below your penis head, using your thumb and index finger and stretch your penis towards your belly. Move your hand left and right, pressing your penis against your belly, in eraser or windshield wiper motion.

Golden Tip: Keep your shirt on. Pull it down so it rubs against the tip of your penis for a better pleasure experience.

29. Faucet pleasure



Lubrication = No

Difficulty = Intermediate

Kneel down inside the bathtub. Place sponges, a wash cloth or a towel under your knees. Set the optimal water temperature and let it run for couple of minutes. Test the temperature with your wrist. Pull yourself in as close as you can to the faucet and water stream. Start masturbating any way you prefer and place the penis head under the water stream. Thrust your hips back and forth. The stream will stimulate the nerve endings in the tip.

Golden Tip: Play around with the water pressure but don't let too strong a stream fall down on your penis.

30. Longer shower



Lubrication = No

Difficulty = Intermediate

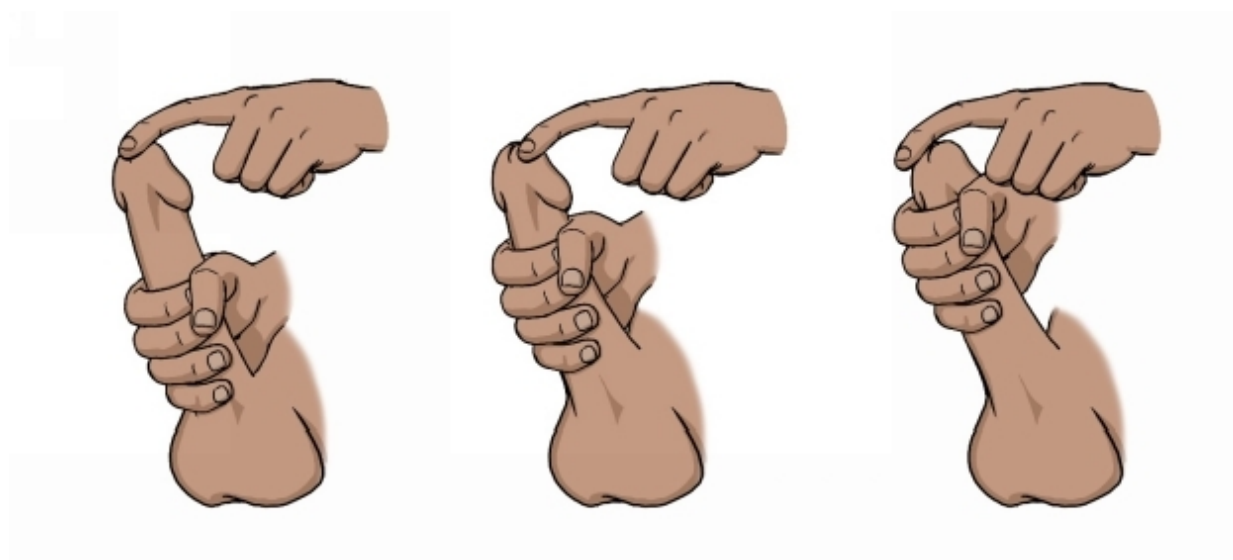
The scrotal area is often neglected when it comes to masturbation. Stimulating your testicles, the area below your scrotum and your anus could give you great pleasure. This technique uses this stimulation to enhance the sensation and intensity. You'll also need a removable shower head.

Crouch or kneel inside the bathtub or shower. You can stand if you like. Set the optimal water temperature and let it run for a couple of minutes. Don't let it be too hot, because hot water it's not healthy for your sperm. You may

use either lukewarm or cold water if you like. Grab the penis with one hand and start masturbating in any way you prefer. Place the shower head below your scrotum using your other hand. While you're masturbating move the water stream around your testicles, below the scrotum and downward to your anus.

Golden Tip: Play around with the water pressure. Use the shower head to stimulate your penis as well.

31. Tiptease



Lubrication = Yes

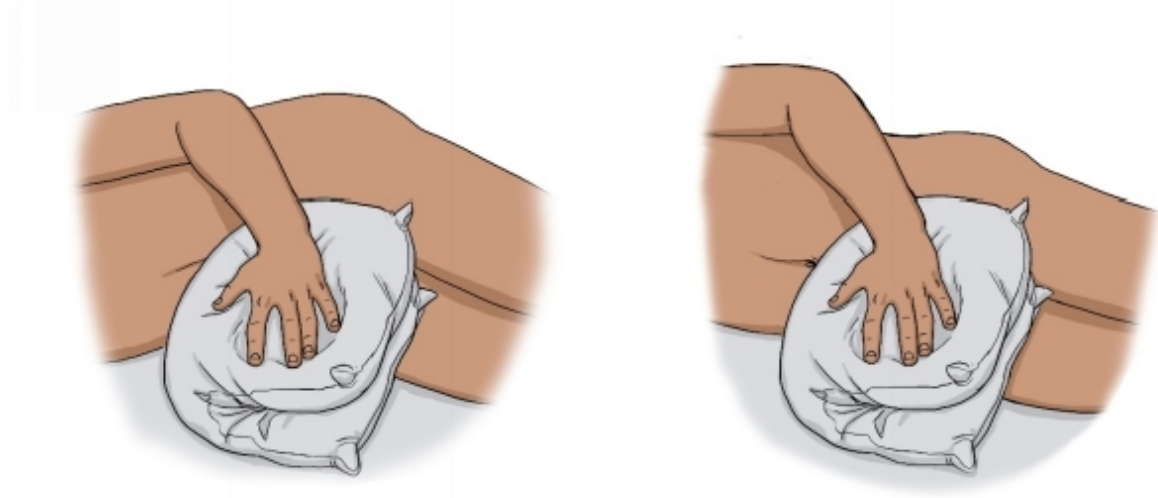
Difficulty = Intermediate

Lubricate the head of the penis, or your whole penis if you like. Grab your penis with your main hand and start masturbating in any way you prefer. Place the index finger of your other hand on the head of your penis covering the tip and hole. As you stroke, move your index finger in circular motions, stimulating the tip of your penis.

Golden Tip: Place the index finger on the tip right before the ejaculation.

Instead of stimulating just tip, you can use your index finger to stimulate whole glans or just the underside of it.

32. Pillow hump



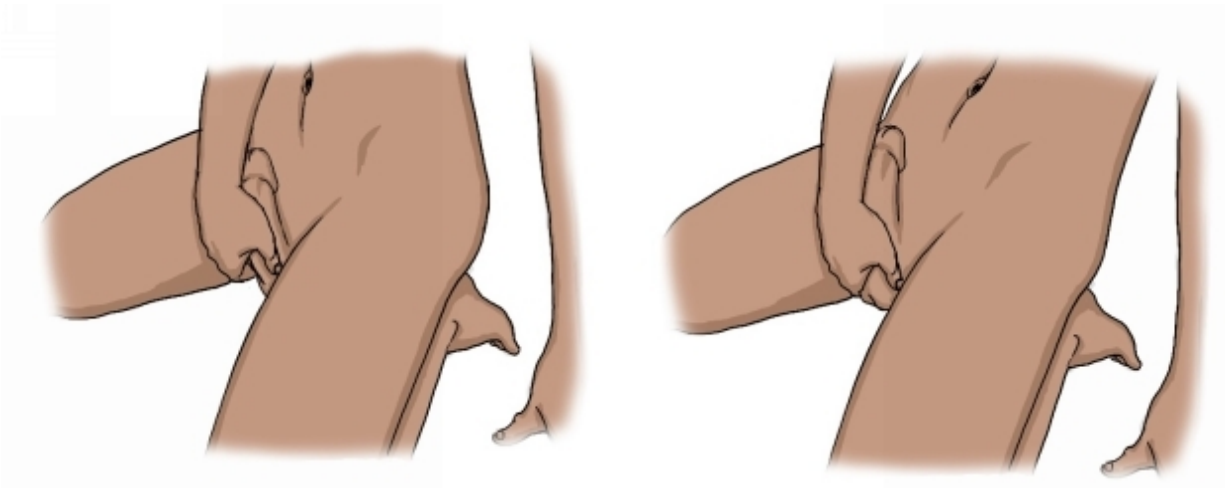
Lubrication = No

Difficulty = Intermediate

Lie down on your side either nude or wearing your pants. Place a pillow between your legs and place your penis inside the pillow. Thrust your hips back and forth or up and down like you're having sex.

Golden Tip: Use your hands and thigh muscles to increase the pressure of the pillow on your penis.

33. Almost the real thing



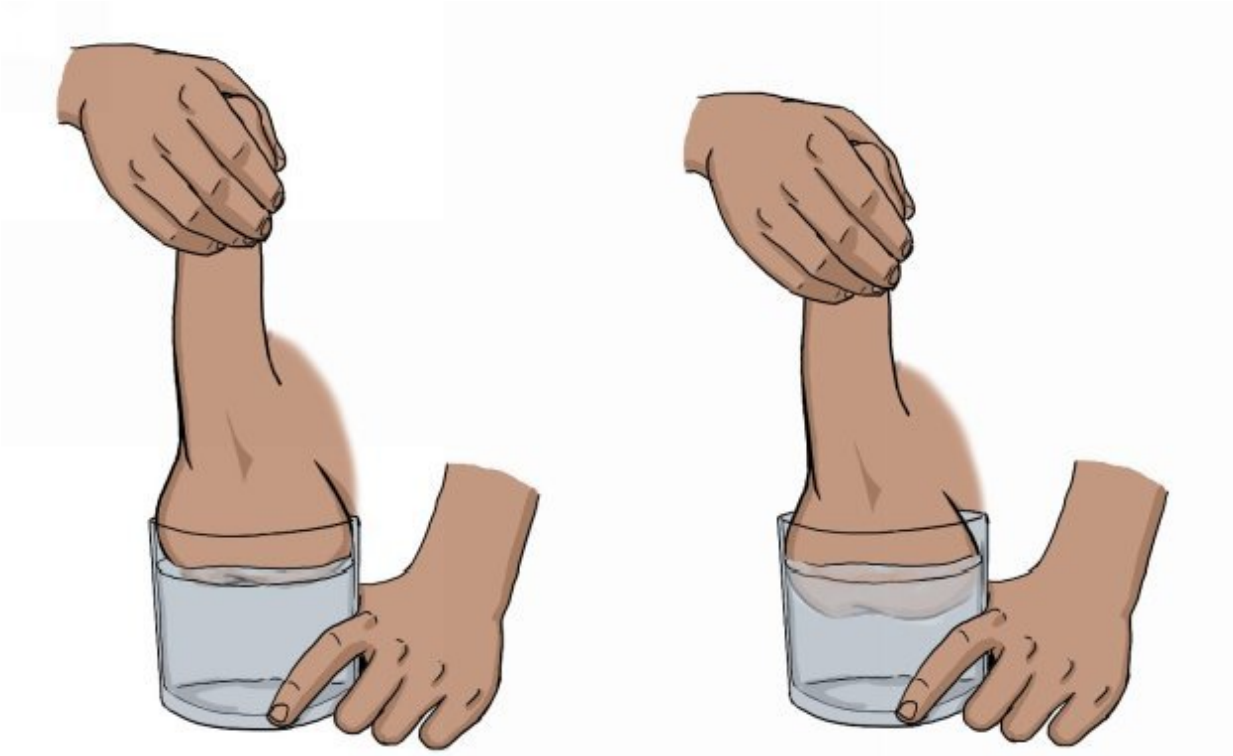
Lubrication = Yes

Difficulty = Intermediate

Use plenty of lubrication on your penis, the hand you'll use for masturbation, and the underside of the wrist. Kneel down. Grab the penis with one hand using a backhand grip. Place your other hand on the floor as a balance support. Thrust your hips back and forth or in any motion you like so the underside of the glans rubs up against your wrist.

Golden Tip: While moving your hips, you can perform a wringing motion with your hand and vary the pressure on your penis.

34. UB 4 T-Bag



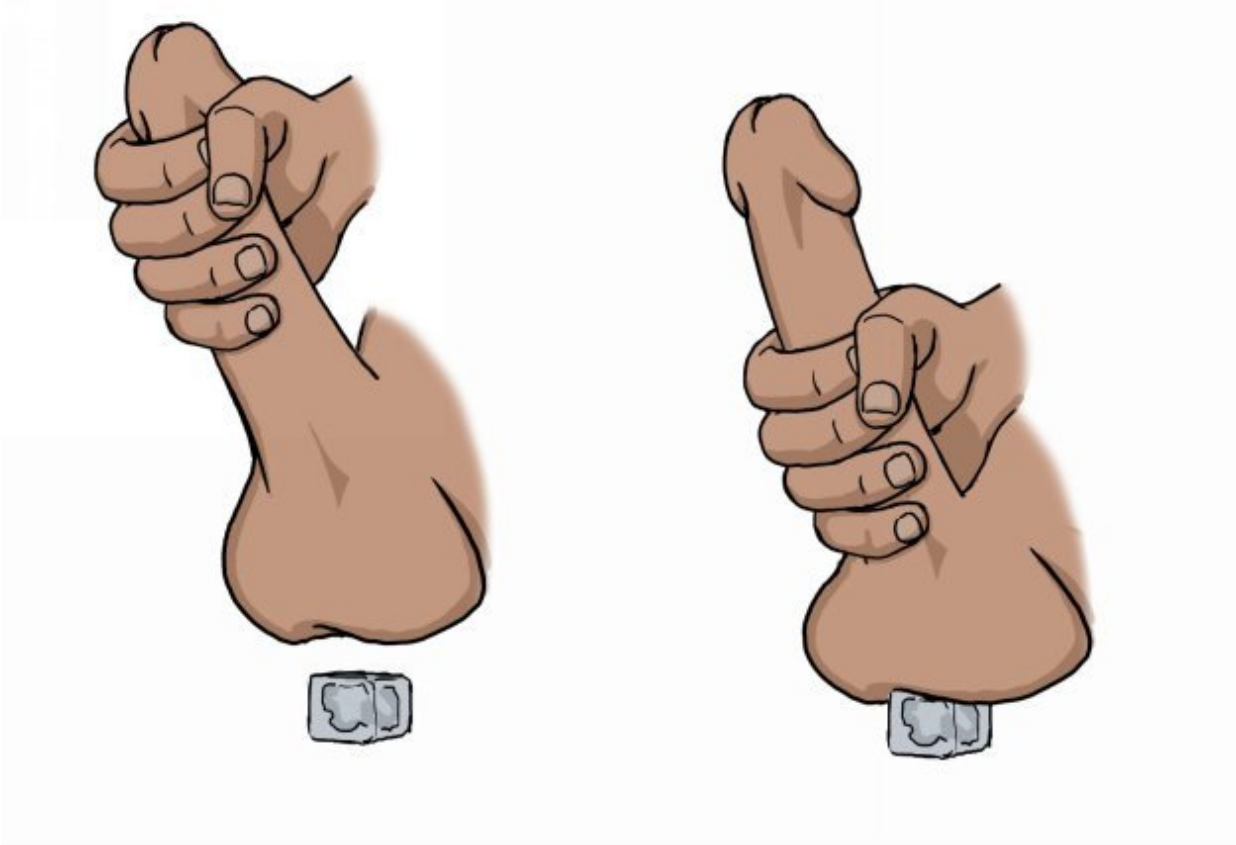
Lubrication = No

Difficulty = Intermediate

The idea behind this technique is stimulation of your testicles using a drinking glass while masturbating. Grip your penis with one hand. Place your testicles in the glass. Hold the glass with your other hand. Start masturbating in any way you like. While you're doing this, the glass will stimulate the sensitive area around your scrotum. Basically, it's like you're placing a tea bag into a cup of water. Watch out for any cracks on the glass. Don't use the glass if it has any damage, to avoid injuries.

Golden Tip: You can add a bit of lukewarm water into the glass.

35. Cold as ice

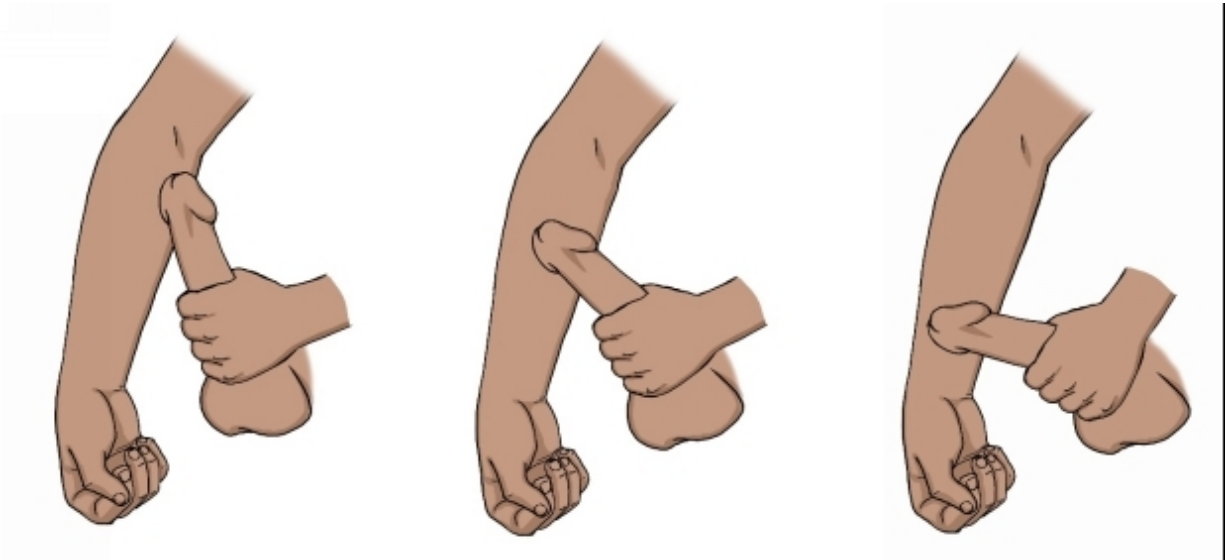


Lubrication = Optional
Difficulty = Advanced

Sit down in a comfortable position, leaning back as much as possible. Place an ice cube under the testicles. Grab your penis with one hand and start masturbating in any way comfortable. Don't let your testicles touch the ice cube until you're close to orgasm. When you are about to ejaculate, let the testicles touch the ice cube as you stroke your penis.

Golden Tip: If you don't like the idea of ice cube touching your testicles, simply chill the other hand by holding the ice cube(s) before or during masturbation. When you're about to ejaculate, grab your testicles with the cold hand.

36. The matchstick



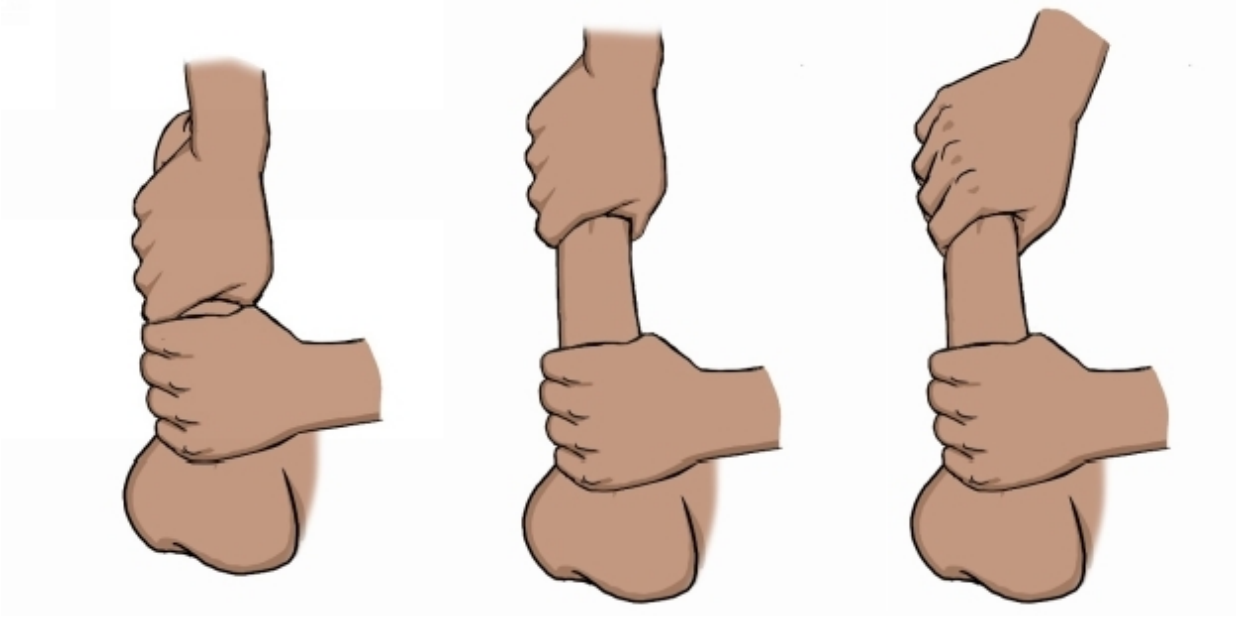
Lubrication = Yes

Difficulty = Intermediate

Lubricate your forearm and the tip of the penis. Straighten your arm. Grab the penis with your other hand and start rubbing the head of your penis against your forearm, like you're trying to light a match. The speed may vary according to your own preference.

Golden Tip: If you have hairy forearms, turn your arm and rub your penis against the hairs on the upper side of your forearm for better pleasure.

37. Pubesque



Lubrication = Yes

Difficulty = Intermediate

Lubricate your penis thoroughly. Grip the penis with your right hand using a backhand grip. Use your left hand to grip your base just below the right hand. Pull your penis out, but continue to hold it firmly. Bend it slightly upward. Finally, when your penis is bent, squeeze it down a little bit. While doing a pull-bend-squeeze move with your right hand, you can press your pubic bone with your left thumb. Avoid pain while doing this technique. Masturbation should be enjoyable, not painful.

Golden Tip: Instead of bending your penis only upwards, you can bend it left, right and down as well.

38. Under the leg



Lubrication = Optional
Difficulty = Intermediate

Sit down near the corner of the couch or bed. Spread your legs as much as possible by extending them over the edges. Reach underneath the leg and grab the penis. Start masturbating in any way comfortable. The idea behind this technique is to trick yourself into thinking someone else is doing the job for you.

Golden tip: Try changing speed and hand.

39. Happy squatter



Lubrication = Optional
Difficulty = Intermediate

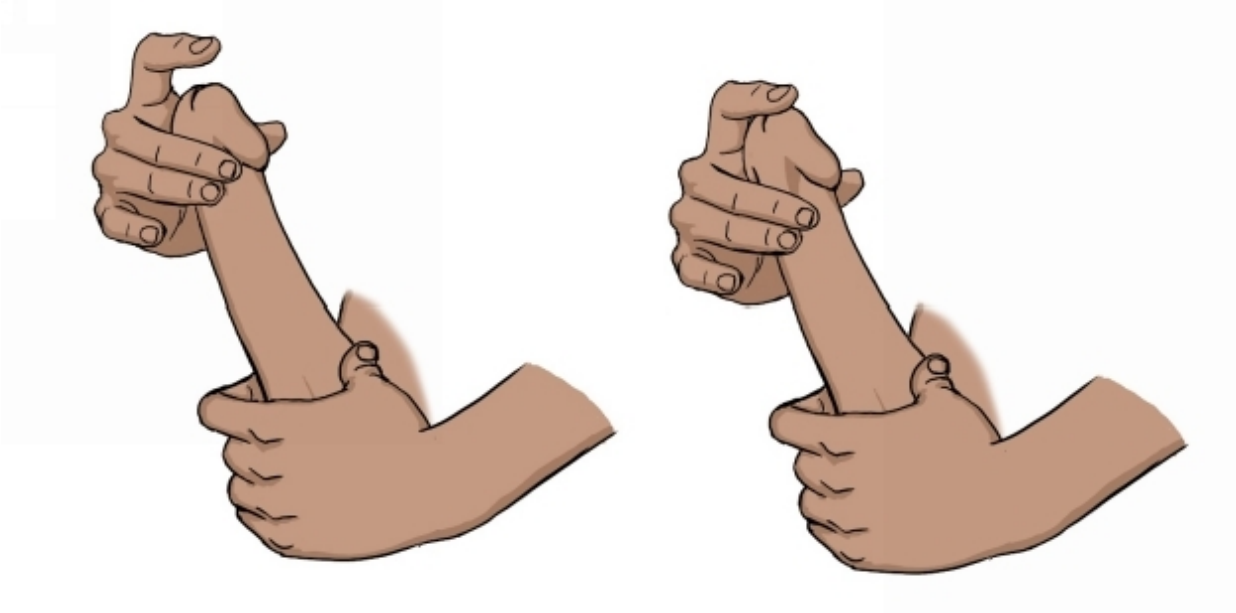
Squat down in front of a bed or other low object and lean back to support your back. Spread your legs and flex the leg muscles as much as possible. Support yourself against the bed using one hand.

Grab the penis with other hand and start masturbating in any way you prefer. Right before the ejaculation, tense up the muscles as much as possible for a more intense orgasm.

Keep in mind that this is not a natural posture and you shouldn't stay in this position for an extended period of time.

Golden Tip: Try doing Kegel exercises while masturbating in this position for better orgasm intensity. How do you do Kegels? Simple, by tensing and relaxing your PC muscle, located between your scrotum and anus (to locate it just try to stop urine flow next time you use bathroom — it's the same muscle).

40. Push the button



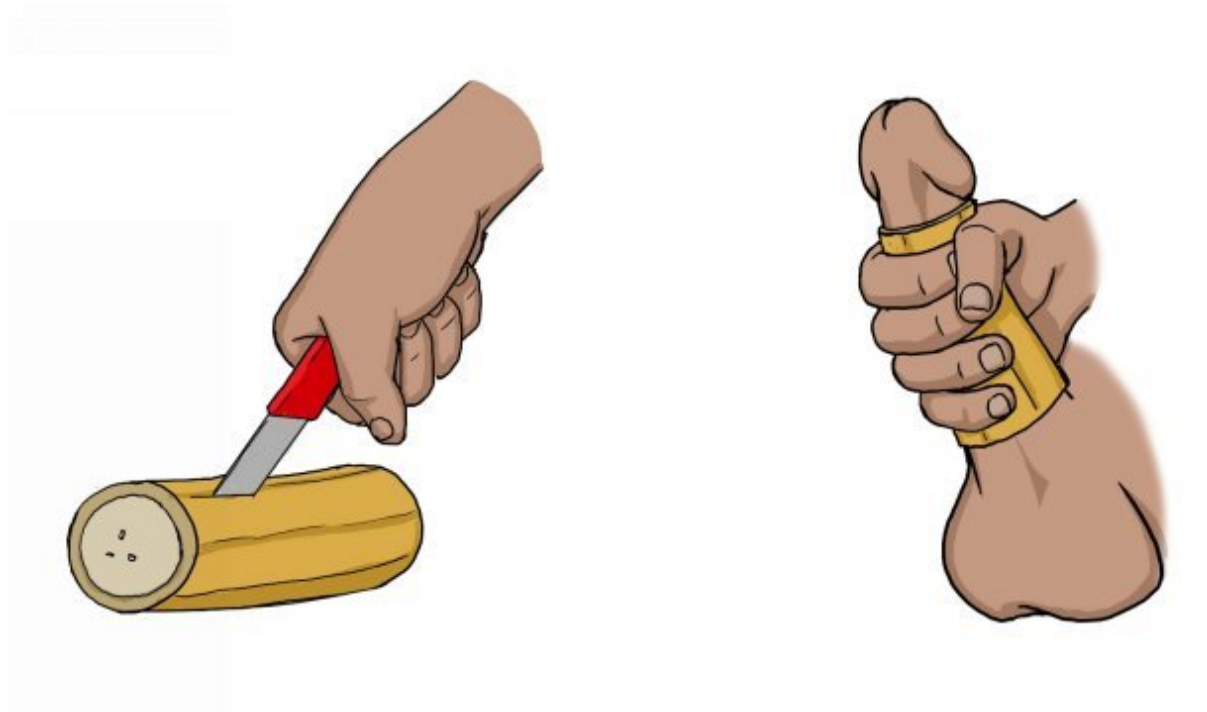
Lubrication = Yes

Difficulty = Intermediate

Grip the base of your penis using your thumb and index finger. Using your other hand, grip the penis head using your middle finger and ring finger on one side and thumb on the other. Place the index finger above, over the tip of the penis. Wiggle your fingers in an up and down motion as fast as you can to stimulate the head.

Golden Tip: When you feel that you're approaching ejaculation, grip the penis with a standard masturbation technique and finish it off.

41. Monkey business



Lubrication = No

Difficulty = Advanced

You'll need a ripe banana and a knife for this method. Many men who tried this method claim that the inner texture of banana resembles the inside of a vagina. Plus, a banana is a great natural lubricant. Slice both ends of the banana off. The length of a sliced banana should be about one inch smaller than the length of your erect penis. Make an incision in the banana, but don't peel it. Remove the insides of the banana. Place your penis in the banana peel and start masturbating in any way you prefer.

Golden Tip: For better sensation, warm the banana peel in a microwave before masturbation. To avoid burns and injury be sure to check the temperature before applying the banana peel to the penis.

42. Head ring



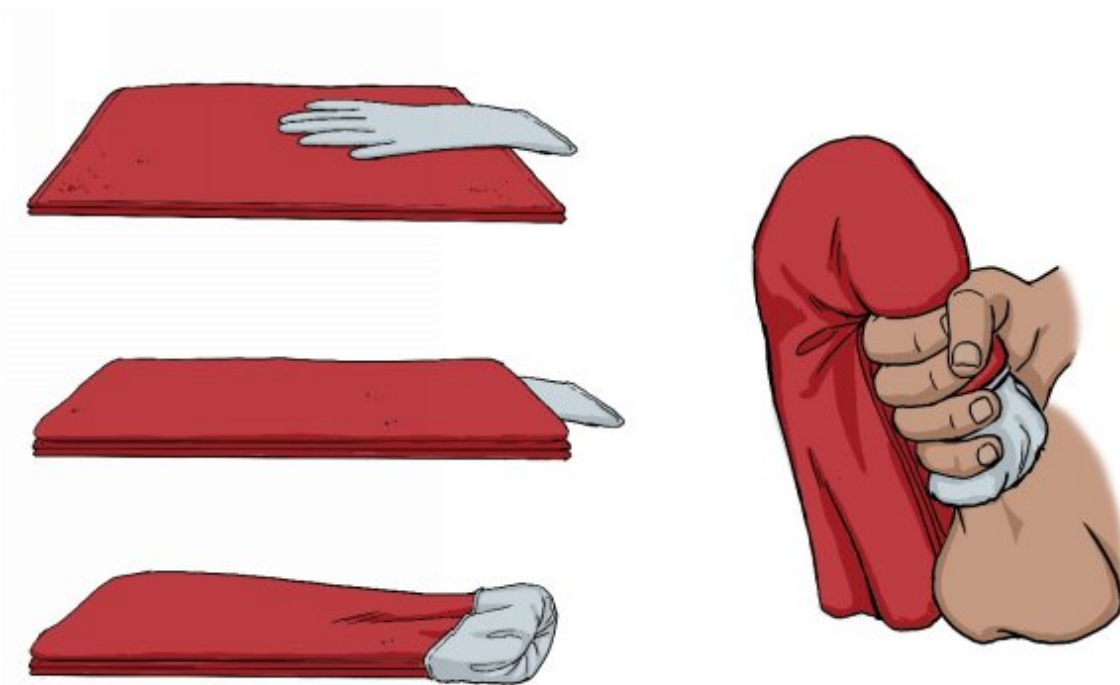
Lubrication = Yes if you're circumcised

Difficulty = Intermediate

Form a tight ring around the head of your penis using the thumb and index finger. Start stroking up and down slowly but steadily. Stroke your penis head in a circular motion like you're trying to open a bottle.

Golden Tip: Vary the speed of your strokes and tightness of your grip. Also try switching hands from time to time for better experience.

43. Fake vagina



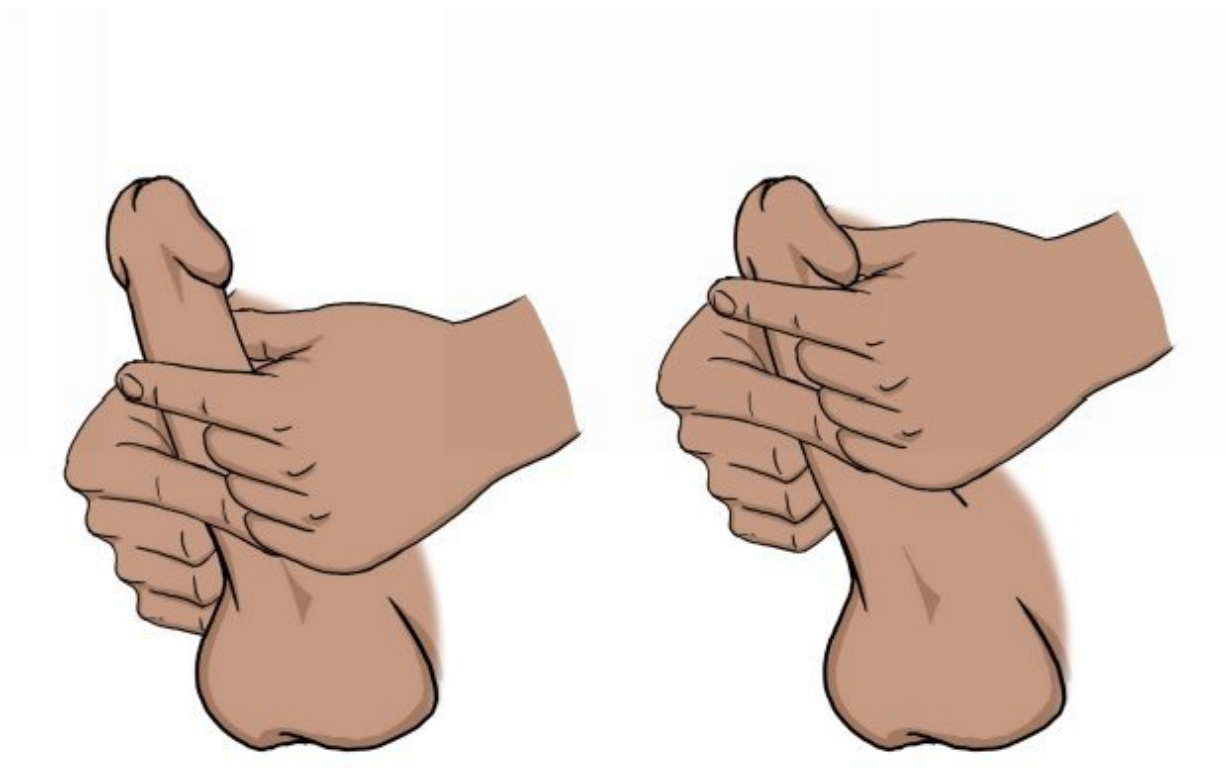
Lubrication = Yes

Difficulty = Advanced (preparation)

The idea behind this technique is to make a fake vagina out of household items. You'll need a towel, rubber glove, rubber band and a lubricant. Fold a towel into a rectangle lengthways. Place a rubber glove on the edge of the towel with the open side out, and fold the towel around the glove. Stretch the glove over both sides of the towel, creating a tight hole. Place a rubber band around the glove and towel to hold everything tight. Put lubricant into the hole. Insert your penis and start thrusting your hips back and forth and in circular motions.

Golden Tip: Change speed. Use your hands to increase the pressure. Let your imagination do the rest.

44. Two thumbs up



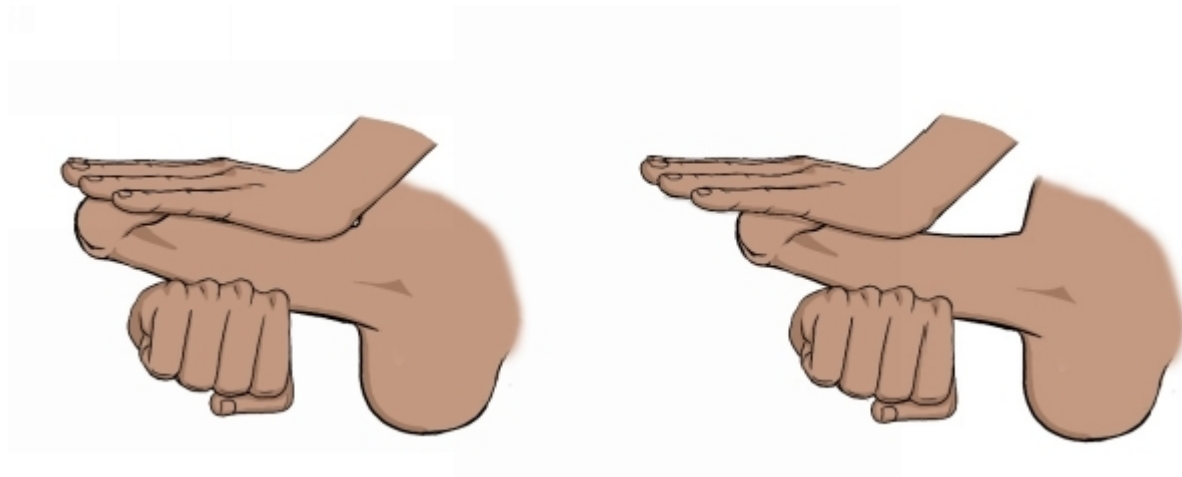
Lubrication = Yes

Difficulty = Intermediate

Place both hands on your penis, one next to another. Grip the penis with your thumbs and index fingers so both thumbs are up and index fingers below. Don't form a ring around your penis with your fingers, just pinch or stick. Stretch them. Move your hands up and down simultaneously until you reach an orgasm.

Golden Tip: Change pressure as you move your fingers across the shaft.

45. Forging sword



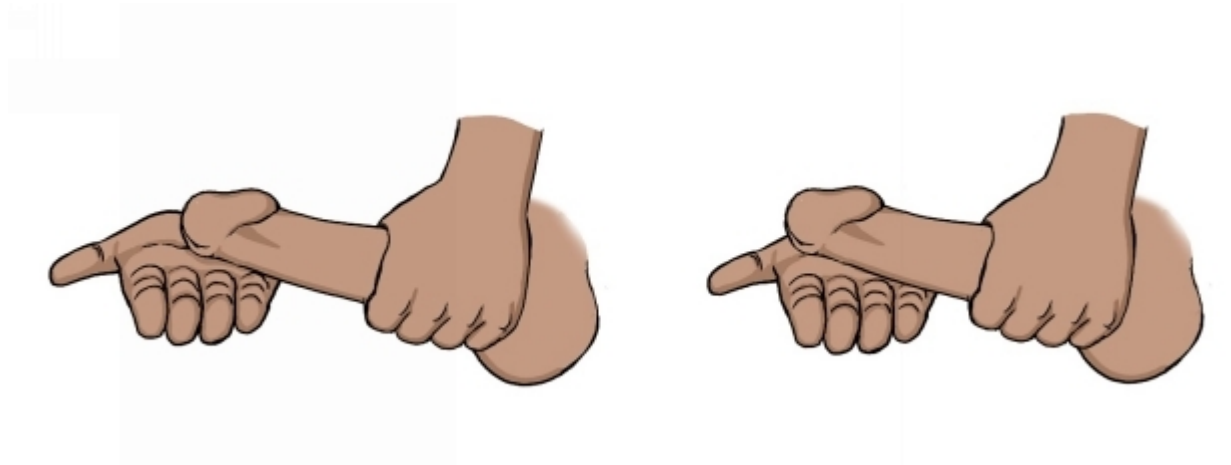
Lubrication = Yes

Difficulty = Intermediate

Make a fist with one hand. Place it below your penis so the knuckles are touching underside of your penis, then place the palm of your other hand up and start moving it back and forth.

Golden Tip: Apply more pressure with your palm. Move your fist slightly so the knuckles gently stimulate the underside of your penis.

46. Butter spread



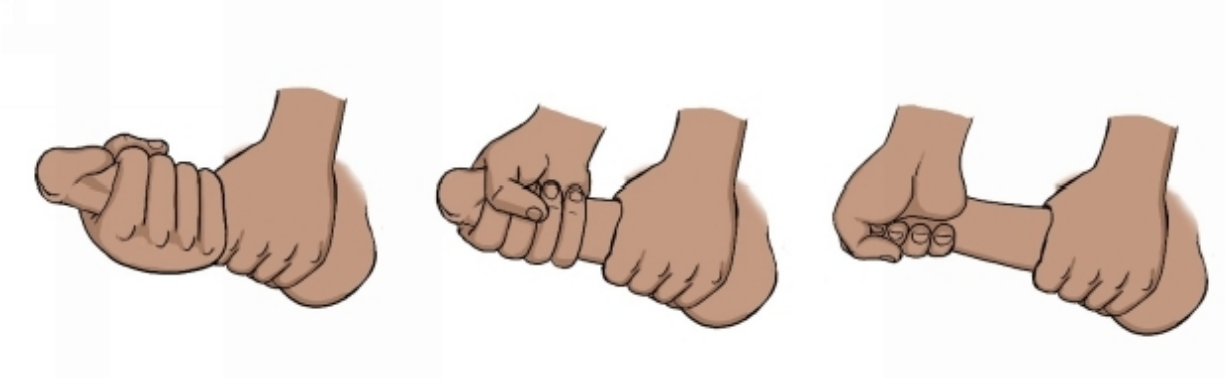
Lubrication = Yes

Difficulty = Intermediate

Lubricate one of your palms thoroughly. Grab your penis using your other hand and start rubbing the tip of the penis against the lubricated palm.

Gold Tip: Try to vary the speed of rubbing and movement directions.

47. Spiral out



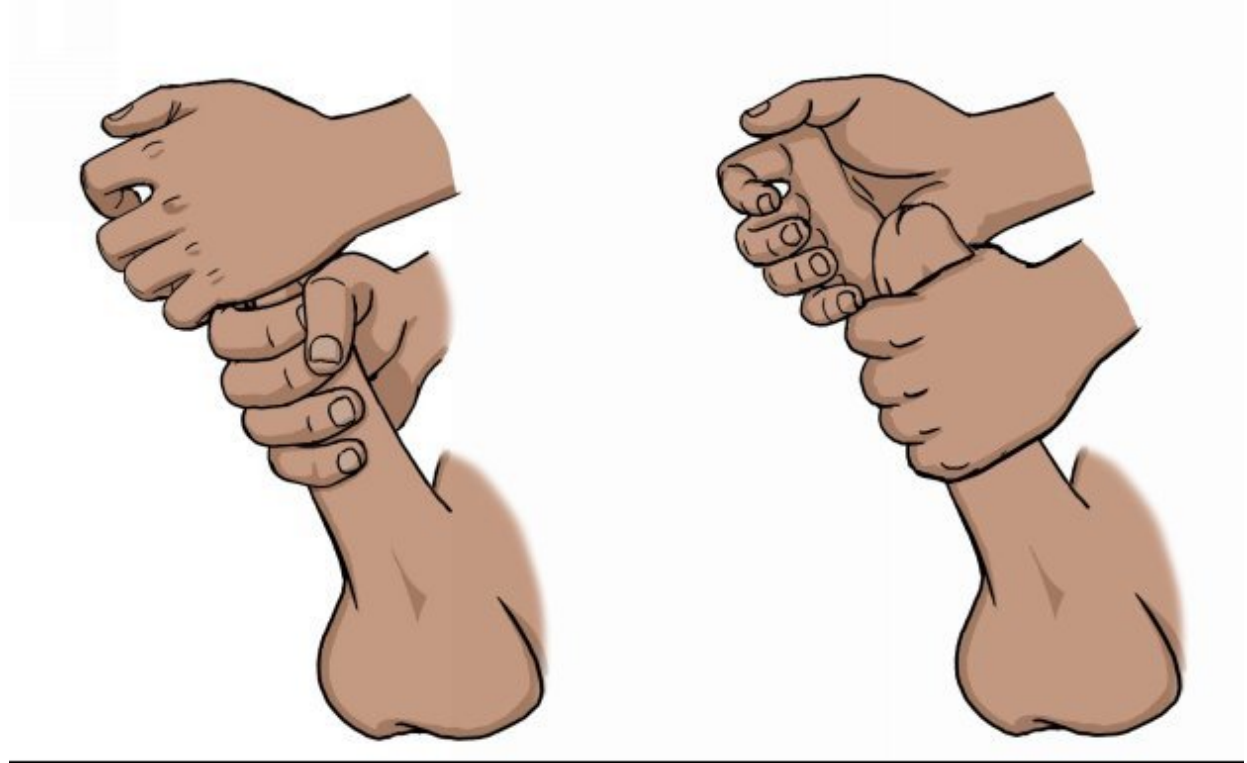
Lubrication = Yes

Difficulty = Advanced

Hold the base of the penis firmly using one hand. Place the other hand on the penis and move upwards in a spiral-like movement. Squeeze gently as you move your hand up.

Golden Tip: When you feel you are about to reach orgasm, place both hands on the glans and move them in circular motions.

48. Neverending tunnel



Lubrication = Yes

Difficulty = Advanced

Grab the top of your penis using your right hand and start moving your hand down. When the penis glans is about to pass through the fingers, place your left hand in front of your right hand and grab your penis. Start moving your left hand down at the same time, placing your right hand on top of the left hand — you're forming a tunnel. Repeat this movement and keep your penis surrounded at all times.

49. Thumb circles



Lubrication = No

Difficulty = Intermediate

Place the thumb of one hand on the base of the penis, and the other thumb at the top of the glans. Start moving both thumbs simultaneously in gentle circular motions, stimulating the nerve endings in the glans and penis base.

Golden Tip: You can vary speed and pressure.

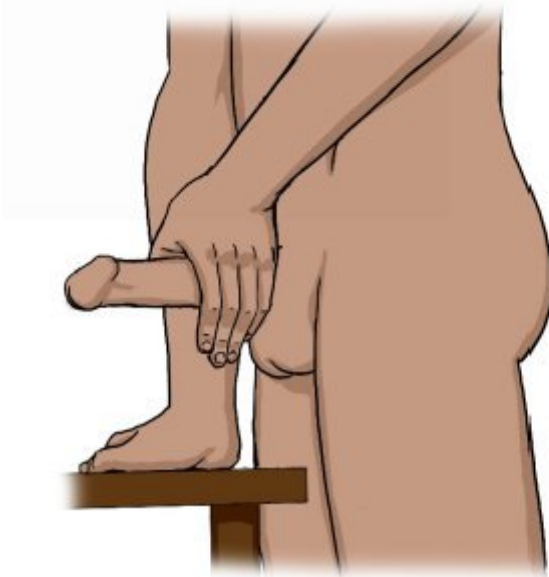
50. Table thrust



Lubrication = Yes
Difficulty = Advanced

Lubricate the top of your right hand. Use it to support yourself against the edge of a table. Place your penis on the top of your right hand. Place the lubricated palm of your left hand over the penis. Start thrusting your hips in back and forth or circular motions.

Golden Tip: Be careful with this technique. The table you use for support should be stable.



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